

5 Recipes for Natural Beauty

Pamper yourself by mixing up these skin and hair treatments with ingredients from your pantry.

By Mandy Hendrix

"Kiss My Grits" Facial and Body Scrub

An excellent, cream facial scrub that smells like key lime pie and helps to soften and clear up oily skin.

1/2 cup non-fat yogurt
1/4 cup cornmeal
2 tsp lime juice
1 tsp lime zest

Directions: Blend yogurt and cornmeal together until creamy. Then add lime juice and zest. Apply masque to face, neck and decollete. Keep on for at least 15 minutes, then wash with warm water



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Organic Green Goddess Facial Masque

Recommended for dry skin. For best results buy whole coriander seeds and finely grind in a coffee grinder. It is worth the effort...the aroma is out of this world!

1 cup organic yogurt
1 tablespoon organic mayonnaise
1 tablespoon local honey
1/2 ripe avocado
1 tsp lemon juice
pinch of ground coriander

Directions: put yogurt, mayonnaise, honey and avocado in a food processor. Pulse until smooth and creamy. Place into a bowl and add lemon juice and coriander. Mix by hand until well incorporated. Apply masque to face, neck and decollete. Keep on for at least 15 minutes, then wash with warm water and follow up with your moisturizer of choice.

Honey Buff Foot Scrub

Makes one treatment.

5 whole almonds
2 tablespoons uncooked oats
1 tablespoons honey
2 tablespoons yogurt

Directions: Grind almonds and oats in a blender until finely ground. In a small glass bowl, mix all ingredients together. Apply to wet skin and gently scrub in a circular motion. Rinse off with warm water.

Hair Treatments

HAIR S.O.S

Have to run out of the house and your hair is dull, dry and full of split ends?

Take 1 tsp of virgin olive oil and rub together in the palms of your hands.

Run your hands through hair and evenly spread the oil through it. This adds instant shine and conditions the hair, reducing the appearance of split ends.

Intensive Hair Pack

If you have a bit more time to treat and condition your hair, try this restorative hair treatment. It's excellent for over-processed hair due to bleaching and perms.

1/2 cup mayo
1 tsp lemon juice
1 tbsp buttermilk

Directions: Mix together and apply to hair. Cover with a shower cap and marinate for at least 30 minutes. Wash out. Your hair will be full of shine and oh-so-soft!

Recipes provided by David Parker, co-founder and formulator of The Body Deli.